

# Glenwood Behavioral Health—300 Unit (Dual Diagnosis)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:30</b>	Wake-up/ Vitals/ADL's	Wake-up/ Vitals/ADL's	Wake-up / Vitals/ADL's	Wake-up / Vitals/ADL's	Wake-up/ Vitals/ADL's	Wake-up/ Vitals/ADL's	Wake-up/ Vitals/ADL's
<b>8:00</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>8:30</b>	Daily Deets/AT	Daily Deets/AT	Daily Deets/AT	Daily Deets/AT	Daily Deets/AT	Daily Deets	Daily Deets
<b>8:30-9:00</b>	Medication Administration						
<b>9:30</b>	Treatment Team Meeting						
	BHA Activity/Group	BHA Activity/Group	BHA Activity/Group	BHA Activity/Group	BHA Activity/Group	BHA Activity/Group	BHA Activity/Group
<b>10:30</b>	Psycho Education/ Protective Factors	Psycho Education/Protective Factors	Psycho Education/Protective Factors	Psycho Education/Protective Factors	Psycho Education/Protective Factors	Changing Behavior with Mindfulness	Psycho Education
<b>11:30</b>	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Leisure Activity; Gym Time	Leisure Time
<b>12:30</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>1:00</b>	Nutrition Group	Leisure Time	Leisure Time	Leisure Time	Leisure Time	Activity Therapy	Changing Behavior with Mindfulness
<b>1:00</b>	Medication Administration						
<b>2:00</b>	Changing Behavior with Mindfulness	Changing Behavior with Mindfulness	Changing Behavior with Mindfulness	Changing Behavior with Mindfulness	Changing Behavior with Mindfulness	Leisure Time	Leisure Education
<b>3:30</b>	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
<b>4:30</b>	Self Reflection	Self Reflection	Self Reflection	Self Reflection	Self Reflection	Self Reflection	Self Reflection
<b>5:30</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>6:00</b>	Medication Administration						
<b>7:30</b>	Relaxation/Snack	Relaxation/Snack	Relaxation/Snack	NA Meeting @ 7:00	Relaxation/Snack	Relaxation/Snack	Relaxation/Snack
				Relaxation/Snack			
<b>8:00</b>	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting	Wrap-Up/Community Meeting
<b>9:00</b>	Hygiene/ADL's	Hygiene/ADL's	Hygiene/ADL's	Hygiene/ADL's	Hygiene/ADL's	Hygiene/ADL's	Hygiene/ADL's
<b>9:30-10:00</b>	Medication Administration						
<b>10:00</b>	Rest/Sleep	Rest/Sleep	Rest/Sleep	Rest/Sleep	Rest/Sleep	Rest/Sleep	Rest/Sleep

■=AT/Daily Deets: Orientation/Current Events/Physical Exercise/Stretching 
 ■=BHA/Goals/Wrap Up; completing goal worksheet for daily treatment 
 ■= SW/ Changing Behavior w/ Mindfulness: CBT/DBT 
 ■= SUS/Psycho Educational/Protective Factors Group: Social Support/Coping Skills/Physical Health/Sense of Purpose/ Self-Esteem/Healthy Thinking 
 ■=NSG=Medication Education/Diagnosis Education